

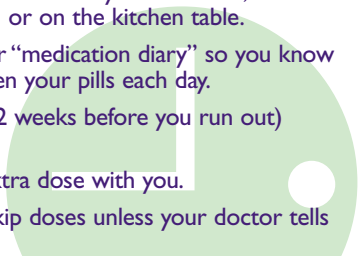


TIPS FOR REMEMBERING YOUR MEDICATION



- Make a calendar that shows which pills to take each day.
- Draw a “timeline” that shows exactly when to take your pills, when to eat and what to eat.
- Set a watch alarm to go off when it is time to take your pills.
- Keep phone numbers with you for your doctor, nurse, case manager, counselor and supportive friends and family. Ask them for help:
  - ▶ Reminding you to keep appointments or take your pills.
  - ▶ Getting a beeper, pill box or calendar.



- 
- Find something you do every day, like brushing your teeth. Take a dose at that time every day.
  - Keep your medication where you will see it, like next to your toothbrush or on the kitchen table.
  - Keep a check list or “medication diary” so you know when you have taken your pills each day.
  - Get refills early (1-2 weeks before you run out) if possible.
  - Always carry an extra dose with you.
  - Never change or skip doses unless your doctor tells you to.

This publication was supported by grant number 2 X07 HA 00025-11 from the U.S. Health Resources and Services Administration (HRSA). This grant is funded through Title II of the Ryan White Comprehensive AIDS Resources Emergency Act of 1990, as amended by the Ryan White CARE Act Amendments of 2000. Its contents are solely the responsibility of Health Research, Inc. and do not necessarily represent the official view of the funders.



State of New York  
George E. Pataki, Governor

Department of Health  
Antonia C. Novello, M.D., M.P.H., Dr. P.H., Commissioner